



FOOD SCOOP

“A Michigan Food & Nutrition Program Edition”

February, 2003

Issue No. 6

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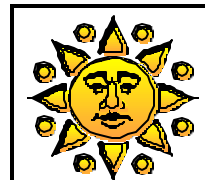
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Available on-line at:

http://www.michigan.gov/mde/1,1607,7-140-6525_6530_6569---,00.html

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NEED ASSISTANCE CALL:

School Meals Program	(517) 373-3347
Food Distribution	(517) 373-8642
Fiscal Reporting	(517) 373-0420
Child & Adult Care Food Program	(517) 373-7391
Fax Number	(517) 373-4022



Regulatory Issues

The Link Between Nutrition Reviews and the School Meals Initiative (SMI)

The school meals programs, the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) were created to “..... safeguard the health and well-being of the Nation’s children.....” To further ensure that this mandate is met, Congress amended the law so that school meals as offered are consistent with the goals of the Dietary Guidelines for Americans (the Dietary Guidelines) including those goals with a measurable component. Further, school meals must provide, on average, over a week, one-third of the Recommended Dietary Allowances (RDA) for lunches and one-fourth of the RDA for breakfasts for specific nutrients. In addition, lunches must provide one-third of the lunchtime energy allowances while breakfasts must provide one-fourth of the breakfast energy allowances. The Dietary Guidelines, RDA and calorie levels are considered, collectively, as the nutrition standards for school meals.

In 1995, the USDA launched the School Meals Initiative for Healthy Children (**SMI**). **SMI** is designed to improve the nutritional quality of school meals by providing schools with educational and technical resources that can be used to assist food service personnel in preparing nutritious and appealing meals and to encourage children to eat more healthful meals.

Key components of **SMI** include new nutrition standards for school meals and added flexibility in

the procedures used to plan and monitor school menus. The new nutrition standards maintain long standing goals of providing one third (lunches) and one fourth (breakfast) of students’ daily needs for calories and key nutrients.

The nutrient standards for healthy school meals were established by averaging the Recommended Dietary Allowances (RDA) for key nutrients for different groups of children. The nutrient standards set target goals for the following: calories, calcium, iron, protein, vitamin A and vitamin C. Also, in keeping with the recommendations of the Dietary Guidelines, the nutrient standards set target goals for fat. The nutrient standards do not set specific target goals for cholesterol, sodium and dietary fiber, however schools are encouraged to work towards reducing cholesterol and sodium and increasing dietary fiber.

For more information regarding **SMI**, please check the following websites:

<http://schoolmeals.nal.usda.gov/Regulations/lunchsum.html>

www.fns.usda.gov

www.fns.usda.gov/fncs/

Food, Nutrition & Consumer Services

% click on FNS for Child Nutrition & Team Nutrition information

% click on CNPP for Dietary Guidelines

www.fns.usda.gov/oane/MENU/Published/CNP/files/sndaIIfindsum.htm

% information on summary of findings of the second *School Nutrition Dietary Assessment Study* (SNDA-II), showing strong evidence that schools are making

positive strides in meeting most of the
SMI standards

Commodity Update

The 2nd Quarter PAL reports are posted on the
School Support Web Site under Food Distribution



Commodity Chat

Program. Please be reminded that we are no
longer sending hard copies in the mail. The new
Commodity Value Listing for Donated and
Processed Products is posted as well.

Just a reminder, the Precooked Scrambled Eggs
from Michaels will be packed differently. They
will be packed in a 20 pound case, 4 – 5 pounds
each.

The Pleva patties will be depleted in February.
However, we do have a good supply of the
Pierre, Precooked, Flame Broiled Hamburger
Patties, packaged in sleeves, available from the
warehouses.

Unfortunately, the State of Michigan had twelve
(12) trucks of Potato Rounds cancelled this
quarter. Apparently the bids were too high.
Although we can never be guaranteed, we are
scheduled to receive six (6) more trucks of rounds
before the end of the year.

The Texas Toast product from Nardones Brothers
is not the same product as the Texas Toast
product from Popa Jo's that we had last year. It
resembles French bread and rumor has it that it
has more garlic flavor than last year. So, please
consider these two factors when ordering the

product for the first time. And as always, it is best
to order a small amount of a new product to ensure
that students will accept the product! Remember,
School Food Authorities should only order USDA
commodities for a thirty (30) day supply.

Nutrition Information For New Commodity Processed Products

The Nutrition Information for the New French Toast
Sticks from Michael Foods is as follows:

Three Sticks make a Serving and contribute 1.5
bread servings and 1.0 oz meat alternate toward the
NSLP Meal Pattern requirements. There are 170
Calories, 3.5 grams of Total Fat, 27 grams of
Carbohydrates, 7 grams of Protein, 110 mg of
Cholesterol and 100 mg of Sodium. The Serving of
Sticks provide 20% Daily Values for Iron and 10%
Daily Values for Calcium (based on a 2000 calorie
diet).

The Nutrition Information for the New **PB&J
Sandwich with Soy Protein** is as follows:

One Sandwich contributes 2.0 oz. meat alternate
and 2 bread servings toward the NSLP Meal
Pattern requirements. There are 410 Calories, 15
grams of Total Fat, 51 grams of Carbohydrate, 20
grams of Protein, 0 mg Cholesterol, and 500 mg of
Sodium. The Sandwich provides 20% Daily Values
for Iron and 4% Daily Values for Calcium (based on
a 2000 calorie diet).

Peanut Butter & Jelly Uncrustable Sandwich With Soy

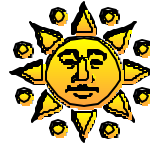
A new Uncrustable Peanut Butter & Jelly Sandwich with Soy is available from Smuckers for the remaining of SY 2003. This PBJ Uncrustable uses half the peanut butter and adds soy isolate to meet the meat/meat alternate for the meal requirements of the National School Lunch Program. The contributions of this sandwich is the same as our current large Uncrustable – 2 Bread Servings and 2 oz. Meat/Meat Alternate Servings.

This PBJ Sandwich has been tested in some of our schools in the state of Michigan. The response was excellent and students did not even realize that the sandwich was prepared with soy. The sandwich uses half the peanut butter, which means this large sandwich does not have the peanut butter oozing from the middle when eaten. The best quality of this sandwich is that because the sandwich has half the peanut butter, it also has half the **FAT** – only 15 grams compared to 34 grams.

Starting February 17, 2003, this large uncrustable will be available from Northern Warehouse instead of the regular uncrustable. We are short on peanut butter drums at Smuckers for the rest of SY 2003. This sandwich yields twice as many as the regular sandwich since it uses half the peanut butter. We are hoping it might take us through the end of the School Year. Please try this new sandwich (which will cost a couple cents more each) and give comments to MDE as soon as possible.

2nd Quarterly Pal Reports

Please be reminded that starting this 2nd quarter of SY 2003, the Quarterly PAL Reports will no longer be sent in the mail to school districts. You can access this report at the MDE, School Support Services web site. Please contact Marla J. Moss for further questions at 517-241-4054.



Food For Thought

Serving it Safe, 2nd Edition

The National Food Service Management Institute (NFSMI), through a cooperative agreement with the United States Department of Agriculture (USDA)/Food and Nutrition (FNS), has developed materials to provide foodservice personnel at all levels with an up-to-date resource for ensuring a safe foodservice operation. The education materials include *Serving It Safe, 2nd Edition*; an instructor guide; and a 25 2" x 33" poster. An interactive *Serving It Safe* CD-ROM is forthcoming.

NFSMI is providing each School Food Authority with a complimentary copy of this resource. We anticipate it will be forwarded to the appropriate individual(s) at your school.

Serving It Safe, 2nd Edition includes information based on the *2001 Food Code*. *Serving It Safe, 2nd Edition* describes why food safety is important and gives general guidance on how foodservice personnel can insure that foods are prepared and served in a safe manner.

The instructor guide provides an outline for conducting 10 hours of group training sessions using

Serving It Safe, 2nd Edition. Portions of the activities from the instructor guide may be taught separately as appropriate for the audience and time available.

The *Serving It Safe* poster is printed in English on one side and Spanish on the other. The poster reinforces the importance of safe food practices and precautions at each phase of food production. Display the poster in the food preparation area or another convenient location.

This resource is also currently available at www.nfsmi.org. Click on A What's New, scroll down to Resources, click on A Serving It Safe, 2nd Edition. In the future, it will be for sale from NFSMI.

Food Service Year End Compilation Report SY 2001-02

Data obtained from the Food Service Year End Report (SM 4012-A) has been compiled and a copy of this report will be posted under School Support Service's website. "What's New" at: http://www.michigan.gov/mde/1,1607,7-140-6525_6530_6569---,00.html

When making any comparisons with another district, remember that only general assumptions can be made when comparing food service operations of a similar size. Therefore, it is suggested that you contact the district you are comparing and discuss the methods that were used to complete their year-end report.

When studying the year-end compilation report, it is suggested that you make reference to the overview that will be available with the report. The overview is entitled, "Food Service Year End

Report (SM 4012-A) School Year 2002 Compilation Overview."

Last year, School Food Authorities (SFA) were asked to complete a survey to provide feedback regarding the Food Service Year End Compilation Report. A total of 161 surveys were received by the Michigan Department of Education. Overall, the results were favorable and no changes were made to the format or content of the report. However, several SFAs requested specific breakfast and lunch information by district and building. This information is available at the School Support Service's website under "Resources and Related Information" and is entitled, "Breakfast and Lunch Info by District – October 2001."

If you have any questions regarding this compilation report or the overview, please contact Cheryl Schubel at 517-241-2597.

<p>February 2003</p> <p>CALENDAR OF EVENTS</p> <p>CHILD NUTRITION PROGRAM</p>	<p>Michigan State Board of Education</p> <p><i>Kathleen N. Straus, President</i></p> <p><i>Sharon L. Gire, Vice President</i></p> <p><i>Michael David Warren Jr., Secretary</i></p> <p><i>Eileen L. Weiser, Treasurer</i></p> <p><i>Marianne Yared McGuire, NASBE Delegate</i></p> <p><i>John C. Austin</i></p> <p><i>Herbert S. Moyer</i></p> <p><i>Sharon Wise</i></p> <p><i>Thomas D. Watkins, Superintendent</i></p> <p><i>Governor John Engler, Ex-Officio</i></p>
February, 2003	
10	January Monthly Claim Due
28	25 year Award Nomination Forms due
March, 2003	
1	December Monthly Claim Deadline
3-7	National School Breakfast Week 2003 http://www.asfsa.org/meetingsandevents/nsbw/

STATEWIDE TRAINING PROGRAM CLASS SCHEDULE 2002-2003

**NOTE: All registrations must be in the MDE office before the deadline dates --
registrations received after the deadline dates will be returned!**

SCHOOL FOOD SERVICE BASICS – 100

Fee: Member \$18.00 and Non-Member \$25.00

Location	Dates/Times	Instructor
Brighton High School 7878 Brighton Road Brighton, MI 48116 <u>Deadline: February 24, 2003</u>	March 10 and 11, 2003 7:30 a.m. - 3:00 p.m. (10 th) 2:30 - 5:30 p.m. (11 th)	Linda Stull

SUCCESSFUL COMMUNICATIONS - 140

Fee: Member \$18.00 and Non-Member \$25.00

Location	Dates/Times	Instructor
Lapeer Community Schools	March 18, 20 and 25, 2003	-----

CANCELLED – Class curriculum under revision.

MICHIGAN HEALTHY E.D.G.E. 2001 - 280

Fee: Member \$18.00 and Non-Member \$25.00

Location	Dates/Times	Instructor
Brighton High School 7878 Brighton Road Brighton, MI 48116 <u>Deadline: February 24, 2003</u>	March 10 and 11, 2003 7:30 a.m. - 3:00 p.m. (10 th) 2:30 - 5:30 p.m. (11 th)	Katie Petersen

MENU PLANNING - 480

Fee: Member \$18.00 and Non-Member \$25.00

Location	Dates/Times	Instructor
Mason-Lake ISD Front Office Boardroom 2130 West US-10 Ludington, MI 49431 <u>Deadline: February 19, 2003</u>	March 5 and 6, 2003 3:00 - 8:00 p.m. <i>NOTE: Dinner is provided.</i>	Katie Petersen
Brighton High School 7878 Brighton Road Brighton, MI 48116 <u>Deadline: February 24, 2003</u>	March 10 and 11, 2003 7:30 a.m. - 3:00 p.m. (10 th) 2:30 - 5:30 p.m. (11 th)	Pat Murdock/Kathy Kane

Use one form and one check per class.

Statewide Training Program Multi-Registration Form

Use one form and one check per class

Class Name: Class Location: Class Date(s):				SCHOOL DISTRICT: DISTRICT #: PHONE :		
Last Name	First Name	Social Security #	Home Telephone #	Home Address (Street, City, Zip)	MSFSA #	Fee Per Student
1						
2						
3						
Total the right-hand column and attach a separate check for this amount only. Make checks payable to <u>MSFSA</u>.					\$	
Check the type of menu planning method you use: " Food Based – Traditional " Food Based – Enhanced " Nutrient Standard " Assisted NSMP						

<p>Make checks payable to <u>MSFSA</u> and mail to: Michigan Department of Education Statewide Training Program - School Meals Program P.O. Box 30008 - Lansing, MI 48909</p> <p>To complete your registration, we must receive a check or purchase order number by the deadline. You may fax this information to (517) 373-4022.</p>

All registrations are accepted on a first-come, first-served basis. **Confirmation letters will NOT be mailed.** Assume that you are registered unless otherwise notified.
 If this class is filled, you will be notified and payment will be refunded.

<i>For MDE Use Only:</i>	<i>Check #</i>	<i>" School " Personal</i>	<i>\$</i>
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[Copy as necessary]

STATEWIDE TRAINING CLASS SCHEDULING FORM

(Use only to schedule a new Statewide Training class.)

Contact Person Information

CURRENT DATE	
PERSON REQUESTING CLASS	
SCHOOL NAME	
PHONE #	

Class Information

CLASS NAME	
CLASS DATES	
CLASS TIMES	
CLASS LOCATION	Building Name: Room Name: Building Address:
SHIP MATERIALS TO	Contact=s Name: Contact=s Phone #: Building Name: Building Address: City, Zip Code:
CLASS SIZE LIMIT	
INSTRUCTOR=S NAME	

Please fax this form to the MDE office at (517) 373-4022, Attention: Mary LaRock

If you do not receive confirmation from our office within 2 business days, please follow-up with our office.

<i>For MDE Use Only:</i>	<i>Deadline Date:</i>	<i>_____ Class Folder</i>	<i>_____ Master Schedule</i>
	<i>County Code:</i>	<i>_____ Food Scoop</i>	<i>_____ Database</i>

FY 2004 USDA COMMODITY FOOD SURVEY

USDA has provided MDE with a list of USDA foods expected to be available for SY 2004. The availability of these commodities depends on market conditions. In addition, other commodities may become available. Please complete this survey to tell us what commodities you would order. Also indicate about how many cases you would order for a school year. Your input is important! **Please fax to Renee Cratty at 517/373-4022 by February 28, 2003.**

GROUP A

Meat/Fish Products	Check items you would order	Estimate Approximate Case Usage/Year
Beef, Ground, Frozen--40 lb. Carton		
Beef, Patties, Frozen, 100%, VPP & Lean--40 lb. Carton		
Ham, Cooked Water-added, Frozen--4/10 lb. Hams per Carton		
Ham, Cooked, Water-added, Chilled--4/10 lb. Hams per Carton		
Tuna, Canned, Chunk Light in Water--6/66.5 cans per Carton		
Poultry/Egg Products		
Chicken, Cut-Up, Frozen, (8 pieces)--40 lb. Carton		
Chicken, Cooked, Breaded, Frozen--30 lb. Carton		
Chicken, Diced, Frozen--40 lb. Carton		
Chicken, Canned Boned --12/50 oz. Carton		
Chicken Fajita Strips--30 lb. Carton		
Eggs, Frozen, Whole - 6/5 lb.		
Egg Mix--4/10 lb. Bags		
Turkey, Hams, Frozen--40 lb.		
Turkey, Roast, Frozen--32-48 lb. Carton		
Turkey, Whole, Frozen--30-60 lb. Carton		
Turkey, Deli Breast, Frozen--40 lb. Container		
Turkey, Deli Breast, Smoked--40 lb. Container		
Turkey Taco Filling--30 lb. Container		

Fruits/Vegetables (Canned, Dry, Frozen)	Check items you would order	Estimate Approximate Case Usage/Year
Fruit		
Applesauce, Canned--6/#10 Cans		
Apple Slices, Canned--6/#10 Cans		
Apple Slices, Frozen--30 lb. Carton		
Cherries, Water Pack, Canned--6/#10 Cans		
Cherries, Frozen--30 lb. Carton, IQF (Individually Quick Frozen)		
Fruit Mixed, Canned--6/#10 Cans		
Peaches, Canned, Clingstone, Sliced--6/#10 Cans		
Peaches, Canned, Clingstone, Diced--6/#10 Cans		
Peaches, Frozen--20 lb. Carton		
Peaches, Frozen--96/4 oz. Cups		
Pears, Canned, Halves--6/#10 Cans		
Pears, Canned, Sliced--6/#10 Cans		
Pears, Canned, Diced--6/#10 Cans		
Pineapple, Canned, Tidbits--6/#10 Cans		
Pineapple, Canned, Chunks--6/#10 Cans		
Pineapple, Canned, Crushed--6/#10 Cans		
Strawberries, Frozen--Sliced, IQF--30 lb. Carton		
Fresh Fruit		
Apples, Fresh--37-40 lb. Carton		
Grapefruits, Fresh--34-39 lb. Carton		
Oranges, Fresh--34-39 lb. Carton		
Pears, Fresh, D'Anjou/Bosc--45 lb. Carton		
Fresh Vegetables		
Potatoes, Fresh, White/Russet--50 lb. Carton		

Fruits/Vegetables (Con't) (Canned, Dry, Frozen)	Check items you would order	Estimate Approximate Case Usage/Year
Vegetables		
Beans, Dry--25 lb. Bags		
Beans, Dry, Canned--6/#10 Cans		
Beans, Green, Canned--6/#10 Cans		
Beans, Green, Frozen--30 lb. Carton		
Beans, Refried, Canned--6/#10 Cans		
Beans, Vegetarian, Canned--6/#10 Cans		
Carrots, Canned--6/#10 Cans		
Carrots, Frozen--30 lb. Carton		
Corn, Cobettes, Frozen--96 ears per case		
Corn, Frozen--30 lb. Carton		
Corn, Liquid, Canned--6/#10 Cans		
Corn, Vacuum, Canned--6/75 oz. Cans		
Peas, Canned--6/#10 Cans		
Peas, Frozen--30 lb. Carton		
Potato Rounds, Frozen--6/5 lb. Package		
Potato Wedges, Frozen--6/5 lb. Package		
Potatoes, Oven Type, Frozen--6/5 lb. Package		
Salsa, Canned--6/#10 Cans		
Spaghetti Sauce (Meatless)--6/#10 Cans		
Sweet Potatoes, Frozen, Mashed--6/5 lb. Package		
Sweet Potatoes, Frozen, Random Cut--6/5 lb. Package		
Sweet Potatoes, Mashed--6/#10 Cans		
Sweet Potatoes, Whole--6/#10 Cans		
Tomato Paste--6/#10 Cans		
Tomatoes, Sauce--6/#10 Cans		
Tomatoes, Diced--6/#10 Cans		
Tomatoes, Whole--6/#10 Cans		

GROUP B

Grains, Cereals, Cheese, Milk, Oils, Peanut Products	Check items you would order	Estimate Approximate Case Usage/Year
Bulgar--50 lb. Bag		
Cheese, Cheddar, Reduced Fat, White--4/10 lb.		
Cheese, Cheddar, Reduced Fat, Yellow--4/10 lb.		
Cheese, Cheddar, White--4/10 lb.		
Cheese, Cheddar, Yellow--4/10 lb.		
Cheese, Cheddar, Shredded, White--6/5 lb. Bags		
Cheese, Cheddar, Shredded, Yellow--6/5 lb. Bags		
Cheese, Cheddar, Reduced Fat, Shredded, White--6/5 lb. Bags		
Cheese, Cheddar, Reduced Fat, Shredded, Yellow--6/5 lb. Bags		
Cheese, Process Sliced, White--6/5 lb.		
Cheese, Process Sliced, Yellow--6/5 lb.		
Cheese, Process Loaves, Yellow--6/5 lb.		
Cheese, Mozzarella, Low Moisture Part Skim (LMPS), Frozen 8/6 lb. Loaves		
Cheese, Mozzarella, LMPS, Shredded, Frozen--30 lb. Box		
Cheese, Mozzarella Lite, Frozen--8/6 lb. Loaves		
Cheese, Mozzarella Lite, Shredded, Frozen--30 lb. Box		
Cheese Blend, American/Skim Milk, Sliced, White--6/5 lb.		
Cheese Blend, American/Skim Milk, Sliced, Yellow--6/5 lb.		
Cornmeal--8/5 lb. Bags, 4/10 lb. Bags		
Grits, Corn, White--8/5 lb. Bags, 4/10 lb. Bags		
Grits, Corn, Yellow--8/5 lb. Bags, 4/10 lb. Bags		
Flour, all types--4/10 lb. Bags, 8/5 lb. Bags, 50 lb. Bags		
Flour, Bakery Mix, Regular--6/5 lb. Bag, 35 lb. Carton		
Flour, Bakery Mix, Lowfat--6/5 lb. Bag, 35 lb. Carton		
Flour, Corn Masa--50 lb. Bags		
Macaroni, Elbow--20 lb. Carton		

Grains, Cereals, Cheese, Milk, Oils, Peanut Products (Con't.)	Check items you would order	Estimate Approximate Case Usage/Year
Macaroni, Spiral--20 lb. Carton		
Macaroni, Rotini--20 lb. Carton		
Oats--36 lb. and 50 lb. Bags		
Oil, Vegetable--6/1 Gallon Bottles, 8/84 oz. Bottles		
Oil, Vegetable Saturated Reduced Fat (Soybean)--6/1 Gallon Bottles		
Peanut Butter, Smooth-5 lb. Cans		
Peanuts, Roasted--6/#10 Cans		
Rice, Milled--25 lb. Bags, 50 lb. Bags		
Rice, Parboiled US #1 Long Grain--25 lb. Bags, 50 lb. Bags		
Rice, Brown--25 lb. Bags		
Salad Dressing, Reduced-Calorie--4/1 Gallon Bottles		
Salad Dressing, Regular--4/1 Gallon Bottles		
Shortening, Vegetable--12/3 lb. Cans		
Shortening, Liquid Vegetable--6/1 Gallon Bottles		
Spaghetti--20 lb. Carton		

NOTE: This list is an estimate. The availability of these commodities depends on market conditions. In addition, other commodities may become available during SY/FY 2004. Some local school districts may be unable to order a particular commodity or packaging size because State Agencies will be required to order these foods in truck lot quantities. Allocation for Group A funds designate specific availability, outlet, and entitlement or bonus status.



SAVE THE DATE!

Tuesday, April 15, 2003
Sheraton Lansing Hotel

Presented by:
Michigan Department of Community Health
Michigan Department of Education
United Dairy Industry of Michigan

Creating healthy school environments is a goal in Michigan! By focusing on improving the school environment and policies related to healthy eating and physical activity, Michigan schools can improve the health and academics of students. The Michigan Department of Community Health, Michigan Department of Education, and United Dairy Industry of Michigan have joined forces to provide this unique opportunity to understand the benefits of a healthy school environment.

WHO SHOULD ATTEND?

- + School district officials, including administrators, superintendents, and school board members
- + School building personnel, including principals and teachers (especially health and physical education)
- + School health personnel, including nurses, dietitians, psychologists and counselors
- + School food service personnel
- + School parent-teacher organization representatives
- + Public health representatives
- + Community partners interested in health and education
- + Local and state government officials

CONFERENCE HIGHLIGHTS

- = **Dayle Hayes, MS, RD**, the award-winning dietitian whose positive approach to healthy eating has won her national acclaim.
- = **Margaret Samyn, MD**, University of Florida (formerly from the University of Michigan) pediatric cardiologist will discuss her firsthand experience working with overweight children and the long-term medical consequences of raising unhealthy children.
- = **Pat Cooper, PhD**, Superintendent of McComb School District in Missouri, will share his formula for successfully improving academic performance through changing nutrition and physical activity policies.
- = **JoAnne Owens-Nauslar, PhD**, from the American School Health Association, will discuss the evidence linking healthy, active children to school success and present action ideas for working within school networks.
- = **Mark Fenton, MS**, PBS television host, author, and physical activity program manager at the University of North Carolina Pedestrian and Bicycle Information Center, will present an interactive session on how to establish school programs that support and encourage physical activity.

See the Agenda at a Glance for the conference program.

REGISTRATION INFORMATION

Registration fee:
\$50 per person by April 1; \$75 after April 1
REGISTER EARLY USING THE ATTACHED FORM!

ATTENTION SCHOOL DISTRICTS! Four for the Price of Three!
School districts can qualify for a special Team Discount by sending one school board member, one administrator, and two school staff members (school nurse, dietitian, teacher, psychologist, or counselor). If all four people attend from the same district, the total registration fee for all four people would be \$150, instead of \$200.

HOTEL REGISTRATION: A block of rooms has been reserved at the Sheraton Lansing Hotel. Call 517-323-7100 to reserve a room at the conference rate of \$65 plus tax. Reference the Michigan Department of Community Health conference.

Five nationally renowned keynote speakers will be featured:

NEED MORE INFORMATION?

Register and/or request additional information by completing the attached registration form or by contacting Diane Drago by fax (517-663-5245) or e-mail (DMSdiane@concentric.net).

EAT HEALTHY
+ PLAY HARD
= SMART STUDENTS

REGISTRATION AND INFORMATION FORM

Return this form by mail or fax to:

Diane Drago, HEALTHY SCHOOLS CONFERENCE,

c/o Diversified Management Services, P.O. Box 423, Eaton Rapids, MI 48827. FAX: 517-663-5245.

If you are registering as part of a District Team, please note that each team member needs to submit a registration form and indicate the school's name.

NAME

TITLE

ORGANIZATION

ADDRESS

CITY

STATE

ZIP CODE

TELEPHONE

FAX

E-MAIL

MAKE CHECK OR MONEY ORDER PAYABLE TO:

Healthy Schools Conference.

Credit card payment is not available.

(A registration confirmation will be sent.)

☐ I am registering for the conference.

☐ I am registering as part of the _____ District Team.

Luncheon selection: ☐ Chicken ☐ Salmon ☐ Vegetarian

☐ Send me _____ brochure(s) when they are available in late February.

☐ Send me information on continuing education credits.

EAT HEALTHY + PLAY HARD = SMART STUDENTS

CONFERENCE AT A GLANCE

7:45 a.m.

Registration and Continental Breakfast

8:30 a.m.

Welcome and Introductions

Michigan Departments of Community Health and Education

8:45 a.m.

The Scope and Long-Term Medical Consequences of Overweight Children
Margaret Samyn, MD, University of Florida Medical School

9:15 a.m.

Keynote Address: Healthy Students Achieve More
Dayle Hayes, MS, RD

10:15 a.m.

Break in Exhibit Area

10:30 a.m.

Success Stories: How You Can Improve Academic Performance Through Healthy Eating and Physical Activity

Pat Cooper, PhD, Superintendent, McComb Schools, Missouri

11:15 a.m.

Break in Exhibit Area

11:30 a.m.

Workshop Sessions

- *Assessment as the First Step to Healthy Change*
- *Success Stories: Healthier Students and Staff*
- *Physical Activity: Make Moving Easier!*
- *Healthy Eating: Make Wise Choices Accessible*

12:30 p.m.

Practicing What We Preach Luncheon: Eat Healthy and Move!

2:00 p.m.

Workshop Sessions

The morning workshops will be repeated.

3:00 p.m.

Break in Exhibit Area

3:15 p.m.

Closing Keynote: Ready, Set, Go! Now That I Have It, What Do I Do With It?
JoAnne Owens-Nauslar, PhD

4:00 p.m.

Must Be Present to Win Raffle! Great Prizes!

Award for 25 Years of Service

Have you, or any of your employees, been actively and directly involved with the National School Lunch Program in Michigan for 25 years? Awards for 25 years of service will be presented at the Michigan School Food Service Associations Conference at the Amway Grand Hotel in Grand Rapids, Michigan on April 11-13, 2003.

DETACH AND MAIL TO:

Twenty Five Year Awards
Dawn Harris
School Support Services
Michigan Department of Education
P O Box 30008
Lansing, MI 48909
Fax (517) 373-4022

Please Print Or Type The Following Information:

SCHOOL DISTRICT:

ADDRESS:_____

The Following are celebrating their twenty-fifth year of service with the National School Lunch Program in Michigan (Public and nonpublic schools):

PLEASE PRINT OR TYPE FOR CORRECT SPELLING ON CERTIFICATES:

1. Name:_____Service Years:_____

2. Name:_____Service Years:_____

3. Name:_____Service Years:_____

4. Name:_____Service Years:_____

5. Name:_____Service Years:_____

6. Name:_____Service Years:_____

Honoree(s) **WILL** attend conference: 1.() 2.() 3.() 4.() 5.() 6.()

Honoree(s) **WILL NOT** attend conference: 1.() 2.() 3.() 4.() 5.() 6.()

Signed

Position

DEADLINE: February 28, 2003